

This I Believe

Have you ever wanted to face your fears bravely but could not bring yourself to do it no matter how much you have tried? I have. I had tried to face it bravely countless times but every time, my nerves get the better of me. Through the process of facing my fear, I started to believe in believing in myself in whatever I do. I am sure that as long as I believe in myself, I would be able to face tough challenges bravely and put them into good use. Only by doing that, I will then be able to reach my highest potential.

My fear was none other than swimming. People around me often said, “Swimming is not a big deal! It is fun! Just try it!” However, I did not have the self-confidence to believe that I could do it. Until today, I still feel a little frightened of swimming, but I have learnt that the only way to overcome my fears is to believe in myself.

When I was Primary Four, my mother decided to engage a swimming instructor for me. I knew that there was no getting out of it and could only accept it. Finally, the day came. I took a deep breath and walked towards the swimming pool. Soon, the instructor arrived and gathered the swimming group. Within moments, he instructed us to get into the pool to warm-up. Some jumped into the pool with excitement while others got into the pool after much hesitation. In the end, I was the only one left standing. I was shivering in fear so badly and believed that I would not have the courage to swim. I tried to tell them how I felt, however, it is hard for people to really understand how another feels unless they are feeling the same way. I felt so alone. I was way too terrified to enter the pool and face my fear.

Finally, my instructor looked at me and said, “Denise, you have got to believe in yourself and try. Only you can overcome your fear. When you are ready, tell me and I will be here to help you.” With that, he left to teach the others, leaving me standing at the side of the pool.

Thinking hard, I realized that he was right. No one could solve the problem for me, it is my own problem, and I could only depend on myself. Also, I found out that my problem is lack for self belief. I could only overcome my fear if I believed in myself that I could. Finally, I mustered up the courage to get into the pool. I realized that it was not as frightening as it seemed to me before. It was actually quite fun! I was glad that I had believed in myself and overcome my fears in the end. I did it!

I will always believe in myself and believe that I can do it! This I believe.